



The Sisters Global
NEWSLETTER
2022 JUNE EDITION



WELCOME

THANK YOU for reading the Sisters Newsletter, where we present ideas that our Sisters hold near and dear in heart and mind. Let's remember to reach out and celebrate family and friends this season.

We're so thankful for all the support and positive feedback we've received from our Sisters! Be sure to stay connected with us on all the activities of the Global Sister Coracles on Discord, and social media channels, and **SPREAD THE LOVE!**

HELLO JUNE

June is a great month. School's out. The days are long. The weather's warm. June has its share of celebrations and holidays. We honor the fathers in our lives with Father's Day and commemorate the emancipation of the last enslaved African Americans on Juneteenth, Pride Month, and African-American Music Appreciation Month & more.



MONTHLY CALLS CORACLE

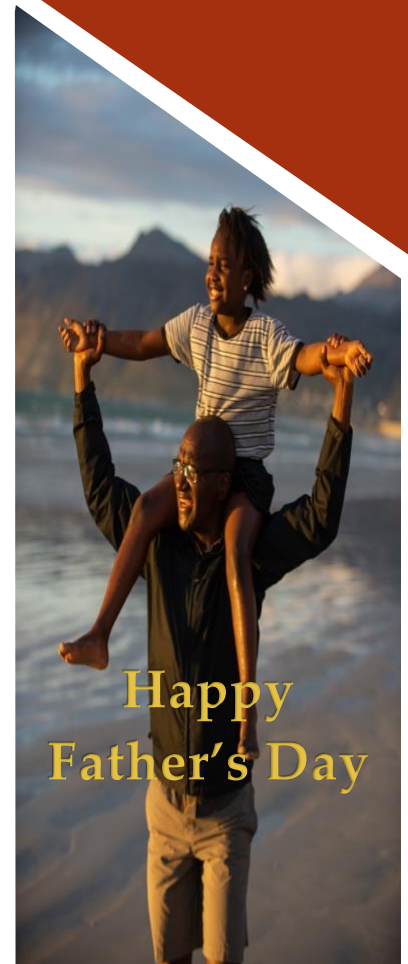
OUR CALL this month is scheduled for **JUNE 6th**. In June, the call is focused reflection and plans for the second half of the year. We share resources and encouragement about this topic on our website and social media platforms.

BOOK CLUB

The Sisters Global Book Club is a fun way to share your love of books and make new friends.

This month we feature our favorite book to read and discuss this month. Share opinions or explore deeper meanings found within the text on Discord.

FINISH READING ON PG. 4



Happy
Father's Day



CASEY SHEPPARD



MEMBER SPOTLIGHT

EMPOWERED SISTERS

Casey Sheppard

Film Director at Case of the Nomads

IN MAY, we feature Film Director, Casey Sheppard, who lives a life of adventure as a nomad. From “van-life” to riding a bike solo across a foreign country, no feat is too big (or too small) for her. Her passion for adventure has led to [endless stories](#) from the road. As a Content Creator, Casey authentically sculpts these stories into blog posts, videos, stop-animation, photos and lectures. She works with like-minded brands and organizations around the world to help spread her positive attitude/outlook to others and good juju to others.

April 2018, Casey finished her biggest adventure yet! Tour Aotearoa, where she rode her faithful bike, a surly karate monkey named Skidmark, over 3000km (solo and self supported) across both island of New Zealand, which took her 31 days. Casey is a contributor for Women Who Explore or “Women Who Explore”, was the first recipient of the Big Agnes Bob Swanson Memorial Grant (2018) and won the Best Digital Content by Upventur (2017). Casey is also a speaker, writer, film maker, and, secretly wishes she was Tank Girl. She loves “everything bikes”, and her boxer dogs..



Watch the interview on [The Sister Global Member Spotlight channel](#) starting on **May 15, 2022**.



GLOBAL

SISTER SPOTLIGHT

EMPOWERED WOMEN

Emily Penn

October Advocate, Skipper and Artist

IN JUNE, we feature Emily Penn who is an oceans advocate, skipper and artist; a graduate of Cambridge University with a degree in Architecture.

As much at home in and on the water as she is on dry land, Emily's ability to develop and communicate solutions for challenges facing today's society has been sharpened by a diverse portfolio of unique experiences.

She has organised the largest ever community-led waste cleanup from a tiny Tongan island, trawled for micro plastics on a voyage through the Arctic Northwest Passage, rounded the planet on the record-breaking biofuelled boat Earthrace, and worked on a sailing cargo ship trading western supplies for coconuts.

Emily splits her time between running eXXpedition - a series of all female voyages which focus on the relationship between plastics and toxics and female health. [Read more...](#)



QUOTE OF THE MONTH

"What you do makes a difference, and you have to decide what kind of difference you want to make." — Jane Goodall



BOOK CLUB

REBECCA GRACE ANDREWS

HOW TO GO (ALMOST) ZERO

WASTE: This book is your easy, practical resource on the journey to sustainable living.



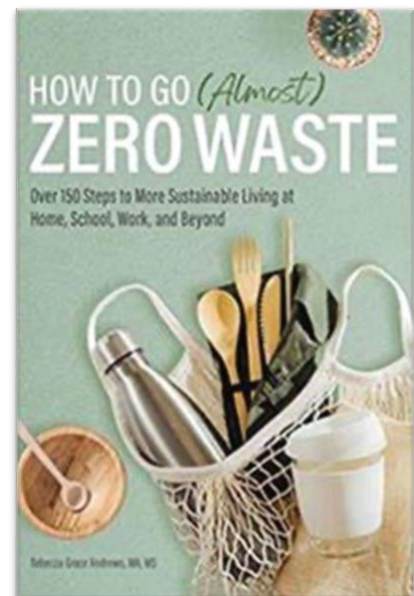
A zero-waste lifestyle can have a profound impact on our environment and the health of your home, and *How to Go (Almost) Zero Waste* is here to make sustainable living easier, with more than 150 different ways you can make more sustainable choices at home, school, work, and beyond.

Learn how to reduce your footprint at your own pace with simple steps like carrying reusable shopping bags, more intermediate steps like mending your own clothes, and major steps like creating a garden-to-cafeteria program at your local schools.

[Available on Amazon](#)

ABOUT THE AUTHOR

Rebecca Grace Andrews, MA, has graduate degrees in both herbal medicine and eco-psychology and is on a lifelong mission to reduce waste to help heal the earth and her inhabitants.



CELEBRATIONS AROUND THE WORLD

FATHER'S DAY

June 16, 2022 – World Wide



PRIDE MONTH

June 2022 – Global Celebration



June is LGBT Pride month and festivities are held in cities around the world. [Read more..](#)

WORLD NAKED BIKE RIDE

June 8, 2022 London, UK



Cities around the world celebrate this clothing-optional bike ride that unites participants to "deliver a vision of a cleaner, safer, body-positive world". [Read more..](#)

SUMMER SOLSTICE, NORTHERN HEMISPHERE

June 21, 2022 – Midsommar, Sweden, EU



In Sweden the Midsummer (Midsommar in Swedish) celebration is one of the year's greatest events. It's almost as important as Christmas. The traditional Midsummer celebration takes place in the countryside. It should be added though that one of the best summer solstice festivals occurs at the Skansen open-air museum in Stockholm. On Midsummer Eve people often dressed in traditional costumes dance and sing around a midsummer pole. [Read more..](#)

INTI RAYMI, PERU

June 24, 2022 – Peru, South America



To mark the shortest of the year for those in the Southern Hemisphere, the Peruvians in Cusco reenact ancient Inca rituals in honor of Inti Raymi, or, The Festival of the Sun. [Read more..](#)

THE SISTERS' CORACLES



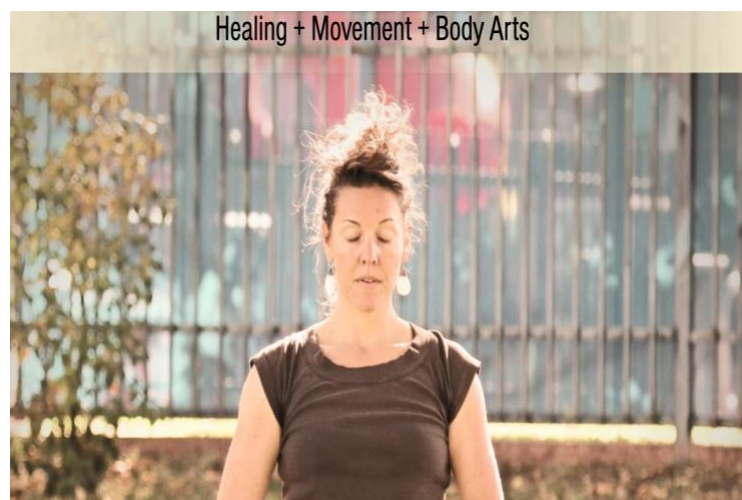
THE RETREAT CORACLE

Refresh your soul, spirit and mind



THE SISTER MIND SESSIONS CORACLE

Share your wisdom, lessons learned, memories and stories.



CONNECTING ON SOCIAL MEDIA

[Monday Monthly Call Coracle](#)

[Spotlight Coracle](#)

[Retreat Coracle](#)

- [Discord Retreat Recording](#) (for Current Sister Members)
- [Youtube Retreat Recording](#) (for Founding Sisters who are not current Members)

[Sisters Mind Sessions Coracle](#)

[Sister' Projects Coracle](#)

[Seeds Coracle](#)

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THE SISTERS' PROJECTS CORACLE

Refresh your soul, spirit and mind

